

# BORONNDARA

## *Bicycle Users Group*

### Rides Supplement February 2012

#### Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: [lexbishop@bikerider.com](mailto:lexbishop@bikerider.com)

#### Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

##### **Schedule of rides:**

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

**Contacts:** Tony Landsell' email: [tony@diacher.com](mailto:tony@diacher.com) or Justin Murphy, email: [murphijj@au1.ibm.com](mailto:murphijj@au1.ibm.com)

#### Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Wednesdays - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

# **Surrey Hills Neighbourhood Centre Group**

## **RIDING IN COMPANY PROGRAM**

### **Bike Ride in Company - Monday**

Enjoy riding with other bike enthusiasts on different rides each week. Mondays, 8.30am-1pm. Free with SHNC Membership.

### **Bike Ride in Company - Wednesday**

Enjoy riding with other bike enthusiasts on different rides each week. Wednesdays, 8.30am-1pm. Free with SHNC Membership.

### **Bike Ride - Women on Wheels on Wednesday**

A group that supports women to regain bike riding confidence and skills in a supportive environment. Wednesdays, 9am-12pm. Free with SHNC Membership.

Welcome! We ride every week on Mondays and Wednesdays and meet at 8.30am at the nominated meeting place. A coffee shop is found half way along our ride, mid-morning. We return by 12.30 pm - 1pm and usually ride 50 - 60 kilometres. If the weather is over 30° or raining, rides may be cancelled. You may choose to join in or peel off at any time during the ride. An email is sent out on the Thursday before the ride giving details to participants. Riders are asked to indicate their intention of participating in the ride. In keeping with the Surrey Hills Neighbourhood Centre's (SHNC) policy, all participants in this program require membership with the centre, \$8.00 per annum. Cyclists are encouraged to register with Bicycle Victoria [www.bv.com.au](http://www.bv.com.au) and explore insurance options or join RACV Bike Assist Membership [www.racv.com.au](http://www.racv.com.au)

Participants are welcome to put forward any suggestions for rides. For further information contact SHNC on Ph (03) 98902467 or email: [info@surreyhillshillnc.org.au](mailto:info@surreyhillshillnc.org.au)

## **Finbar Neighbourhood House Rides**

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

## **Sassafras Ride**

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

## **Council on the Ageing (COTA) Cycling Group**

### **Seniors Bike rides in 2012 part1**

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is mostly chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).
- We generally meet at 10am at the 'Place to meet' (see below). If catching a train, aim to arrive as close to 10am as possible. A coffee stop is found midmorning. We take our own lunch and picnic

together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.
- If a ride is to be altered from the published program including cancelling the ride, you will be notified by e-mail just before 8pm the night before. Please check your e-mail on Tuesday evening after 8pm.

Please contact Janet Bennett by e-mail [jfbpgb@bigpond.com](mailto:jfbpgb@bigpond.com) or on 9853 9808 to discuss details.  
All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.


Date	Place to meet	Description	Grade
Feb 1st	Footbridge in Southbank, MEL 2F F7	Short ride – <i>Vanilla slice Ride</i> - to Hampton via the Bay Trail to San Sebastian cafe ~ 20km. Catch the train at Hampton or ride back to the city.	Easy
Feb 8th	Footbridge in Southbank, MEL 2F F7	Bay ride to Carrum & Dandenong Creek Trail to Dandenong Station for return via train ~ 50 km. (Coffee Albert Park, lunch Carrum)	Medium
Feb 15th	Footbridge in Southbank, MEL 2F F7	Short ride- to Williamstown, via the coast ~20km. return by train or ride back.	Easy
Feb 22nd	Footbridge in Southbank, MEL 2F F7	A tour along the Bay, Elwood canal, Rosstown rail, Gardiner's Creek and Main Yarra trails to city again. ~ 50km	Medium
Feb 29th		No ride	
March 7th	Footbridge in Southbank, MEL 2F F7	Short ride - Gardiners Creek Trail. Over the new Solway Bridge and under the new Warrigal Road underpass. Train home from Laburnum. 20 K.	Easy
March 14th	Belgrave Railway Station MEL 75 F10	Belgrave to Southbank - Railway Trail to Upper Ferntree Gully. Ferny Creek trail to Scoresby Village for a quick coffee. Then George St., East Link trail (1Km), Blind creek trail, Shepherd Rd, Scotsmans Crk trail, Gardiners Crk. Trail (Lunch at Glen Iris) and Main Yarra trail. ~ 43 km	Medium – some hills
March 21st	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
March 28th *	Fairfield station MEL 30 K10	Northwest loop – Streets & Trails to Coburg Lake, Moonee Ponds Creek, Ring Rd, East Keilor, Canning Res., Highpoint S.C, Edgewater. Maribyrnong River and Footscray Rd. trails to city. ~50km.	Medium – some hills
April 4th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
April 11th	Aircraft Station Werribee line. MEL 53 B10	Bay Trail ride Point Cook to Mentone – Point Cook rd. to Skeleton Crk then the Bay West trail to Southbank. We take the Bay trail to Brighton Beach station (55km) or Mentone station (63km) and return to the city by train.	Medium
April 18th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
April 25th	ANZAC Day	No ride	
May 2nd	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
May 9th	Footbridge in Southbank, MEL 2F F7	A northern circuit via trails and ring road path – Out the Merri creek trail to the Western Ring rd	Medium

		trail, and return via the Plenty River and Main Yarra trails ~ 60km.	
May 16th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
May 23rd	Heideberg station Hurstbridge line ~ 9.16am arrive 9.48am	Ride from Heidelberg station to Carrum - Ride the Main Yarra , Koonung Creek , EastLink , Dandenong Creek trails to Carrum. ~60 km. Train return to city.	Medium - some hills
May 30th		No Ride	
June 6th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
June 13th	Diamond Creek Station, MEL 12 B6	From Diamond Creek Station to the city - via the Diamond Valley Trail and the Main Yarra Trail. ~ 50km.	Medium - some hills
June 20th	Footbridge in Southbank, MEL 2F F7	Short ride	Easy
June 27th	Footbridge in Southbank, MEL 2F F7.	Ride the Capital City Trail circuit, with an extension down St. Georges Rd. and across Reservoir to Mt.Cooper and return via the Darebin Creek, ~50km.	Medium

\* This is the times when Janet will be absent

## Whitehorse Cyclists Inc

### Public calendar

Last updated 14 January 2012. Ring your  and let's go riding!

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter. Phone the contact person to find the meeting venue and any other information.

Date	Destination	Description	Distance and grade	Leader Contact
<a href="#">Rides for January and February 2012</a> [small pdf file 5 pages 190 kb]				
Tue 14/02 7.45pm	Club Night	Horticultural Centre 82 Jolimont Road, Vermont Melway 62 G4		Russell H 9841 7141 0400 178 194

Note: Member-only interstate, overseas and regional rides are not listed here. Members receive full details of all rides, meetings and events in their monthly newsletter.

### WCI Typical Weekly Ride Profiles

**EASY TUESDAYS:** Introductory level social ride. Weekly. 30-35km, few or gentle hills. 9.30am - 1pm.

**MEDIUM TUESDAYS:** Medium ride, ie slightly faster, harder and further than easy rides. Still a social ride. Requires more endurance and ability than easy rides. 40-50km, some hills. 9.00am start for a 1.00pm finish.

**HARD TUESDAYS:** Harder (ie flat out) and further than medium rides. Hardest rides in WCI. 60-100km rides, hills no limit. 9.30am start, finish later in afternoon.

**EASY THURSDAYS:** Similar to Easy Tuesday rides. 30-35km Fortnightly.

**MEDIUM THURSDAYS:** Faster and longer ride than the Easy Thursday rides. 50-60+km. Some hills, medium to medium/hard level ability. 9.30am start, finishing 2-3pm. Includes time for lunch. **EASY SUNDAYS:** Weekend introductory level social ride. 30km. 9.30am to 1pm. Fortnightly **MEDIUM SUNDAYS:** Medium level ability, faster, some hills. Weekly. 40-45km. 9.30am to 1pm.

Phone the named contact to confirm details of the rides as plans can change, particularly if forecast temperatures for the day are over 30 degrees. Rides return to the start point unless shown otherwise. Riders carry their own risk in any activity connected with the club. Whitehorse Cyclists Inc. disclaims liability for loss or injury to riders participating in advertised activities

## Banyule Bicycle User Group—Rides Program

Morning rides start at Warringal Park (Melway Map 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Introductory/beginner ride options are available 8:55am Sundays. For more details contact Leigh J. 9432 9720 or Les B. 9435 0615. Note: rides may be varied to suit conditions.

**NightRide:** Every Wednesday 8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

**EasyRide:** with the “Latte” Group every Tuesday and Friday 9:30am (10:00am in winter) – relaxed pace with break for coffee/snack/chat. See program and details at

<http://www.vicnet.net.au/~banylbug>.

**HarderRide:** every Tuesday and Sunday 9.00am. BYO morning tea. Check program below.

<i>Feb 12</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 5	<i>Ruffey Lake</i> 35 km <a href="#">MAP</a>	Out via Finn's Res. Return by Green Gully Trail, Westerfolds Park. Short H2 on return.	Lou B/ 9459 6887
Tue 7	<i>Yan Yean Reservoir</i> 79 km <a href="#">MAP</a>	Out by streets to Plenty Rd, bike path and bike lanes. Detour thru Mernda estates. Plenty Rd to break at reservoir. Return by Plenty Rd to Hazel Glen Rd to Doreen. Through estates to Bannons Lane to Hurstbridge. Through estates to Yarrambat. Bannons Lane to Hurstbridge. Home by Hurstbridge Rd and DVT (Train option from Hurstbridge)	Allen P/ 9457 1694
Tue 7	General Meeting – Watsonia Library – 7:30pm		
Sun 12	<i>Brimbank Park</i> 70 km <a href="#">MAP</a>	Out by Rosanna, Bundoora Streets to Western Ring Rd. Western Ring Rd to Keilor Park Dr and into Brimbank Park. Home by Avondale Heights paths and streets. Maribyrnong, Ascot Vale and Parkville Streets and paths.	Graeme W/ 9435 9687
Tue 14	<i>Wattle Park</i> 35 km <a href="#">MAP</a>	Out by Koonung & Bushy Creek Trails, Box Hill streets (H2) and Gardiner's Creek Trail. H1 into Park. Return by streets, path, streets (short H2-3) to Ann. Trail at Hartwell	Robert R/ 9439 1078
Sun 19	<i>Strathewen</i> 36km + option 28km <a href="#">MAP</a>	Meet at train station(s). Sunday ticket, depart 9:17am Heidelberg to arrive Hurstbridge 9:58am. Ride to depart Hurstbridge by 10:10am. Use phone contact if held up. Ride via Arthur's Creek to Strathewen for break (no shops). 36 km out and back to H'bridge. Undulating, with 1x H2. Train or ride home (28km).	John G/ 9439 3884
Tue 21	<i>Sydenham, Caroline Springs.</i> 79 km (64 km option) <a href="#">MAP</a>	Out to Nth Melb station via Royal Park and Abbotsford St. Train to Ginifer (Zone 1,2 ticket). Bike lanes, streets and paths around Taylors Lakes, Hillside, Caroline Springs. Return by Sunshine, Moonee Ponds, Brunswick Streets and paths. (Option: train from Ginifer to Nth Melb. Zone 2 ticket.)	Allen P/ 9457 1694
Sun 26	<i>Broadmeadows</i> 50 km <a href="#">MAP</a>	Out by streets west, Cheddar Rd and Ring Road to break at Roper Reserve. Back by Upfield, Merri Creek Trails and Thornbury streets.	Richard B/ 9459 8648

<b>Tue 28</b>	<b><i>Hedgeley Dene Gardens</i></b> 47 km <a href="#">MAP</a>	Anniversary trail (H2 & H1) to Gardiner's Ck. Break at Hedgeley Dene Gardens. Home by Yarra Trail (H1 & H2).	<b>Alan P 9435 9421</b>
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### *Mar 2012*

<b>Sun 4</b>	<b><i>Museum Gardens</i></b> 35 km <a href="#">MAP</a>	Capital City Trail, Canning St. to Gardens for break. Return by streets and Capital City or Upfield Trails.	<b>Lou B/ 9459 6887</b>
<b>Tue 6</b>	<b><i>Epping Park</i></b> 40 km <a href="#">MAP</a> 9:30am start	Late start due to Super Tuesday Bike Counting. Out by Bundoora Pk. (H2 to Waiora Rd, H1 in Park) & Dalton Rd to Epping Reserve. Return by Mill Park streets, Plenty Rd path, Ring Rd Trail, Greensborough.	<b>Alan P 9435 9421</b>
<b>Sun 11</b>	<b><i>Riders' choice</i></b>	Rider who suggests is leader, otherwise by agreement	
<b>Tue 13</b>	<b><i>Riders' choice</i></b>	Rider who suggests is leader, otherwise by agreement	
<b>Wed 14</b>	<b>Combined Dinner – Moon &amp; Spoon Restaurant 106 Mountain View Rd (cnr Sherbourne Rd) Briar Hill - 6:00pm</b>		
<b>Sun 18</b>	<b><i>Plenty Reserve</i></b> 42 km <a href="#">MAP</a>	River Gum trail to Binnak Park and Plenty streets, Memorial Rd to Plenty Park. Back by Yan Yean Rd path and Diamond Creek streets and trail. (Some climbs to Plenty Park. 1 very short H3. 2 pretty good unmade streets approx 0.5 km)	<b>Allen P/ 9457 1694</b>
<b>Tue 20</b>	<b><i>Elwood Canal</i></b> 60 km <a href="#">MAP</a>	Trails to beach, St. Kilda and along canal to Gardenvale. Then streets to Murrumbeena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	<b>Maurie A/ 0409 106082</b>
<b>Sun 25</b>	<b><i>Schwerkolt Cottage</i></b> 42 km <a href="#">MAP</a>	Koonung Trail to Eastlink (some H3) & break at cottage. Mitcham streets to Koonung Trail home.	<b>Brian M/ 9439 4869</b>
<b>Tue 27</b>	<b><i>Ricketts Point</i></b> 80 km <a href="#">MAP</a>	Out by city, port and Bay Trail. Break at beach. Return by streets (Reserve, Middleton, Worthing, Barilla, Rowans, East Boundary, Murrumbeena, Poath) and Anniversary Trail (H1). Train return from Highett an option.	<b>Les D/ 9459 2701</b>

## **Manningham BUG**

### **Ride Calendar 2012**

Please ring the ride leader if you are attending the ride for further details.

### **JAN**

**Sat 21 Jan 2012, Cycling Beasleys** (part of the Cycling Manningham program)

Meet at the Ruffey Lake Park carpark in Victoria St, Doncaster East – opposite Schramm's cottage, Mel 33 J 10

Time 9.30am.

Meet some new members, travel via undulating paths to Beasleys for coffee, then return.

About 24 km, only a couple of hills

Ring Terry 9848 6027.

### **FEB**

**Sat 4 Feb 2012, Cossie's Chocolate Ride**

Meet at Oakleigh Recreation Centre, Mel 69 H5

Time 9.30am.

To Rowville and chocolate factory via Jells Park, return via Scotchmans Creek.

About 40 km.

Ring Cossie 9807 8590.

## **Darebin BUG**

### **Weekday Rides**

Darebin BUG runs two weekday rides of up to 60km on Tuesdays and Thursdays. These are designed for riders who are reasonably fit and have some riding experience. Information about the destination and distance of upcoming weekday rides can be seen on the Darebin BUG Rides Calendar. These rides usually leave from Jika Jika Community Centre, corner of Plant and Union streets, Northcote, at 9.30am.

Contact Norm on 9484 4767 to confirm the start time and location, or if you are uncertain if the ride is suitable for you.

### **Weekend Rides for Beginners**

Families on Bikes (FOB)

Kids in bike seats welcome! Kids in trailers welcome! Kids on training wheels welcome! Kids on tag-a-longs welcome! Kids on own bikes welcome! Want to ride for fun, exercise and to socialise? Join us on one of our easy rides designed especially for little kids, to one of Melbourne's many child-friendly destinations. Our motto is: No one's too slow; we're always happy to stop for a rest, play, snack, breastfeed or 'til a tantrum is over. Rides take place regularly and generally meet at a Northcote location, though you're always welcome to join us en route. Contact Kathy on 9489 4275, 0410 667 634 or kbrunning@optusnet.com.au.

### **Saturday Port Melbourne Rides**

Weekly rides for those looking for longer, easy rides. Depart from the carpark of Rushall Station, North Fitzroy, at 9.30am and ride to Port Melbourne and back along bike paths, about 20km.

Contact David on 9870 1084

### **Weekend Rides for Experienced Riders**

#### **Saturday Training Rides**

Various rides leaving the Jika Jika Community Centre, corner Plant and Union streets, Northcote, near Westgarth train station, at 9am sharp for four hours maximum (back in time for lunch) for experienced riders. There are different destinations each month, with rides going up to 60km and averaging 20-25kmh.

Contact Yannick on 0438 785 450 or yannickvergou@hotmail.com

### **Sunday Excursions**

DBUG runs monthly rides to various destinations, often with a food or wine element. We might be heading to the beach, the RAAF Museum, the Donnellybrook Cheese Factory, or just exploring Melbourne's bike path network, with distances of up to 60km. Contact the rides coordinator at [rides@darebinbug.org.au](mailto:rides@darebinbug.org.au).

### **Extended trips**

The group runs regular weekends away, usually centred around long weekends such as Easter. Contact rides coordinator Wolter Kuiper on 0404228382 or [rides@darebinbug.org.au](mailto:rides@darebinbug.org.au) for details on these rides.

The Rides Committee is looking for people who are interested in arranging and leading a ride, undertaking ride leader training or in gaining leadership experience by co-leading a ride. Contact the rides coordinator at [rides@darebinbug.org.au](mailto:rides@darebinbug.org.au)



Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this does not cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Last Updated on Thursday, 03 March 2011 04:18

## The Crosskeys Cruisers - Strathmore - Friday rides

The Crosskeys Cruisers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

## MooneeBUG

**Every Tuesday Night:** Join the Tuesday night regulars for the "Cappuccino run" from 6.15pm. Meet at the Afton St Footbridge. More details by calling Laura, AH 9337 9839 or BH 9823 1540.

**Friday Bike Rides:** The Cross Keys Cruisers meet at Cross Keys Hotel car park in Essendon at 9am every Friday the destination is decided on Friday mornings. The majority of riders are 50+ years old and male but anyone can join in. For further details please contact John 9370 7829 or Max 9378 3501

## Melbourne Bicycle Touring Club

*For information on the above rides, please contact the Touring Secretary, John Hughes 0402 463 655 , or at [rides@mbtc.org.au](mailto:rides@mbtc.org.au).*

**About the Ride Gradings Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

The Melbourne Bicycle Touring Club meets most Thursday evenings at Trades Hall, 54 Victoria St (corner Lygon St), Carlton South at 8.00 pm (the meeting room is open from 7.30 pm onwards). If you are making a special trip to the meeting, please confirm with the meeting organiser that the advertised entertainment is proceeding, as plans are often subject to change. Details of rides and activities are confirmed at the meetings prior to the event. If you intend to participate, you should either attend the meeting or contact the Ride Leader yourself. On rides that are **SUBSIDISED**, a substantial discount on VLine fares is given to financial members who pay by two Thursdays prior to the ride. To join the Melbourne Bicycle Club, email the Membership Secretary at [payments@mbtc.org.au](mailto:payments@mbtc.org.au) or write to them at PO Box 277, Carlton South 3053

## YHA Cycling

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Web site: <http://www.yhacycling.org.au/rides.htm>